

## The Capitol Café Week OF February 9<sup>th</sup> 2008

**4 = Fit for Life Item**

Complete catering guide available to help make your meetings a success.  
Stop by the cashier & pick-up a catering menu  
Gift certificates available throughout the year!!!



*"Beginning everyday from scratch"*

**A'viands**

FOOD & SERVICES MANAGEMENT  
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All comments welcome!

**Taco Bar Served every  
MON. & WED**

**Hot roast beef sandwich w/  
mashed potatoes & gravy  
TUES. & THURS**

**Soup of the day**

**MONDAY**  
Chicken Noodle

**TUESDAY**  
Knoephla

**WEDNESDAY**  
Tomato

**THURSDAY**  
Cheesy Chicken Tortilla

**FRIDAY**  
Vegetable Beef

Open Monday thru Friday  
7am to 4:30pm

Breakfast served Monday thru Friday  
7am to 10:30am

Lunch served Monday thru Friday  
10:30am to 1:30pm  
Closed all weekends & holidays

<b>MONDAY</b>		
Breakfast Grill	Sausage, egg & cheese croissant	\$3.55
Grille	Turkey club on Sourdough w/ side of fries	\$4.67
Market place Entrees	Macaroni & hamburger hot dish w/ side of vegetable & dinner roll	\$4.67
World Flavors	Chicken Parmesan w/ garlic bread stick	\$4.67
Grab and Go	Apple tuna sandwich w/ cup of soup 4	\$4.20
<b>TUESDAY</b>		
Breakfast Grill	2 pancakes, 2 bacon, order of toast	\$2.99
Grille	Large Order of Chili Cheese fries w/ side of sour cream	\$3.99
Market place Entrees	Black Bean tortilla pie w/ side of Spanish rice 4	\$4.67
World Flavors	Sausage & kraut w/ mashed potatoes & dinner roll	\$4.99
Grab and Go	½ turkey club wrap w/ cup of soup	\$3.25
<b>WEDNESDAY</b>		
Breakfast Grill	Rancher's special w/ side of toast	\$3.29
Grille	Sloppy Joe w/ pasta salad & potato chips	\$4.20
Market Place Entrees	Smothered beef & bean burrito deluxe	\$4.67
World Flavors	Peanut crusted chicken w/ harvest roasted vegetables 4	\$4.99
Grab and Go	½ Crispy Ranch wrap w/ cup of soup	\$3.25
<b>THURSDAY</b>		
Breakfast Grill	Biscuits & gravy w/ side sausage patty	\$3.05
Grille	Garlic cheese bread w/ side of Marinara	\$4.20
Market Place Entrees	Roasted citrus turkey breast w/ mashed potatoes & gravy 4	\$4.67
World Flavors	Meat loaf w/ mashed potatoes & gravy, vegetable & dinner roll	\$4.67
Grab and Go	Veggie wrap (lett, toms, cukes, blk, olives, cheese & peppers w/ mayo)w/ cup of soup	\$3.25
<b>FRIDAY</b>		
Breakfast grill	Texas toast French toast w/ 2 strips of bacon	\$2.99
Grille	BBQ Beef sandwich w/ grilled onions & side of fries	\$4.67
Market Place Entrees	Giant stuffed baked potatoes w/ bacon, cheese, sour cream & chives	\$3.99
World Flavors	Beer cheese soup in a bread bowl	\$4.67
Grab and Go	Soup (cup) & salad bar	\$4.20